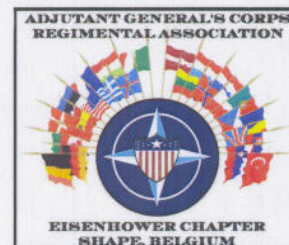




FALL 2006
IRON SHAPIAN COMPETITION
OPEN TO ALL SHAPE ID CARD HOLDERS



WHO: ALL INTERESTED SHAPE ID CARD HOLDERS

WHAT: A FIVE EVENT FITNESS ENDURANCE CHALLENGE

WHERE: SHAPE MAIN GYM

WHEN: FRIDAY, 17 NOVEMBER 2006, 1030

EVENTS:

PUSH UPS-MAX REPETITIONS PER 2 MINUTES TIMED

SIT UPS-MAX REPETITIONS PER 2 MINUTES TIMED

4-MILE (6.5 KM) TIMED RUN

PULL-UPS MEN/ CHIN-UPS WOMEN MAX REPETITIONS

DIPS-MAX REPETITIONS

QUALIFICATION STANDARDS PER EVENT

	Push-Ups	Sit-Ups	Run	Pull-Ups/ Chin-Ups	Dips
Gold & Silver					
Men	77	85	28 min	10	25
Women	50	85	33 min	5	10
Bronze					
Men	65	70	30 min	8	20
Women	40	70	35 min	4	8

REGISTRATION AND INFORMATION:

- o 10 EURO/10 DOLLAR REGISTRATION FEE (covers T-shirt and refreshments)
- o TO REGISTER, CONTACT USANATO SHAPE BATTALION:
SHM: 3766 (065443766) or VISIT BLDG 212, Room 122, SHAPE
- o REGISTRATION FORMS ALSO AVAILABLE VIA EMAIL, CONTACT:

ironshapian@usanato.army.mil

ALL COMPETITION FEES and REGISTRATION FORMS MUST BE TURNED-IN TO
USANATO SHAPE BATTALION, BLDG 305 RM 128 NO LATER THAN
13 NOVEMBER 2006.

ONLY THE STRONG WILL SURVIVE!

HOSTED BY US ARMY NATO, SHAPE BATTALION with SUPPORT PROVIDED BY THE
EISENHOWER CHAPTER, ADJUTANT GENERAL CORPS REGIMENTAL ASSOCIATION

2006 IRON SHAPIAN COMPETITION
17 NOVEMBER 2006, 1030, SHAPE MAIN GYM

REGISTRATION FORM

LAST NAME (nom) _____		FIRST NAME (prénom) _____	
STREET (rue) _____		CITY (commune) _____	
ZIP CODE (code postal) _____		OFFICE PHONE (téléphone de bureau) _____	NATIONALITY (nationalité) _____
SHAPE UNIT/ORGANIZATION (l'organisation du SHAPE) _____			
BRANCH OF SERVICE (affiliation militaire) _____			EMAIL _____
SHAPE ID CARD No. _____	MALE (mâle)	FEMALE (femelle)	

EVERY PARTICIPANT MUST SIGN THIS WAIVER!

Participant Agreement, Waiver, Release, & Acknowledgment.
I know that participating in demanding physical competition is a potentially hazardous activity. I should not participate in the Iron Shapian Competition unless I am medically able and properly trained. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of the weather, traffic, road conditions, all such risks being known and appreciated by me. Having read this waiver, knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the sponsors and any affiliated organizations from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to the U.S. Army NATO SHAPE Battalion to use photographs or any other record of this event for legitimate purpose.

Signature _____ Date _____
(Parent or guardian if under the age of 18)

RETURN REGISTRATION FORM AND 10 EURO / 10 DOLLAR FEE TO USANATO SHAPE BATTALION, BLDG 305, RM 128 SHAPE

CUT HERE / RETAIN BOTTOM PORTION

COMPETITION RULES

GENERAL:

The Iron Shapian Competition is an individual physical fitness challenge open to all SHAPE ID Card holders. The competition will take place on SHAPE at the tent outside of building 305. Reminder, starting time is 1030 on 17 NOVEMBER 2006.

STANDARDS:

To be an Gold Iron Shapian, a competitor must meet the gold/silver set standards in each of the five events and **accumulate a total of 550 points through earning bonus points in a combination of the five events.** The ultimate Iron Shapian is the competitor who achieves the highest overall point score.

To be a Silver Iron Shapian, a competitor must meet the gold/silver set standards in each of the five events.

To be a Bronze Iron Shapian, a competitor must meet the bronze set standards in each of the five events.

SCORING:

PUSH UPS: One point is awarded for each additional repetition over the gold/silver standard for both males and females. The event will begin with the competitor in the front leaning rest position fully up. The competitor will lower his/her body until his/her upper arms are parallel to, or chest touches, the ground. The competitor will then raise his/her body until the arms are fully extended (the full up position). This sequence counts as 1 repetition.

SIT UPS: One point is awarded for each additional repetition over the gold/silver standard for both males and females. The event will begin with the competitor lying on his/her back with the knees bent at a 45 degree angle and the fingers interlaced on top of, or behind, the head. The competitor will raise his/her upper body forward to the vertical position (the point where the base of the neck is forward of the base of the spine). The competitor will then lower his/her upper body until the bottom of the shoulder blade touches the ground. This sequence counts as 1 repetition.

4 MILE/6.5 KM RUN: One additional point will be awarded for every full 10-second block of time less than the gold/silver standard

PULL UPS/CHIN UPS: Two points are awarded for each additional repetition over the gold/silver standards for both males and females. The event will begin with the competitor in a full dead hang, with palms facing away from the body (pull-ups) or facing inward (chin-ups). A repetition is completed by pulling the chin over the bar without excessive kicking, swinging, or "winding up" and returning to a full dead hang.

DIPS: Each male competitor must complete a minimum of 25 dips to receive 100 points. Female competitors must complete 10. Two points are awarded for each additional repetition over the minimum for both males and females. The event will begin with the competitor holding his/her body upright between the parallel bars with the elbows full locked in the up position. A repetition is completed by lowering his/her entire body until the upper arms (triceps) are parallel to the ground and returning to a full upright position.